Pogo Jumping

- **Keep your hands on your chest**
- **Bounce lightly and quickly from two feet to two feet**

Questions

Can you keep the same body shape when you jump?

Can you jump sideways or backwards?







Pogo Jumping

Further teaching points

- Keep the angry cat shape
- Bend knees very slightly between the jumps
- Spring through the ankles and stretch the feet
- Ensure pupils take off and land on the balls of their feet
- Emphasise rebounding action

Adapting the activity

Enable

- Rise up and down onto balls of feet
- Use arms to assist with jump

Challenge

- Try two jumps together
- Pogo jump sideways
- Pogo jump backwards
- 3 pogo jumps, 1 frog jump

Health, fitness and safety

Improves

- Posture
- Strength of ankles
- Speed and rebounding

Links to future learning

> Jumping – take off

> Step pattern linking

